

90. (New) The device according to claim 89 wherein the maximum permitted differential is 35°C above or below the user's actual temperature.

91. (New) The device according to claim 90 wherein the maximum permitted differential is 15°C above or below the user's actual temperature.

92. (New) The device according to claim 89 wherein the temperature control device does not alter the temperature of the medium above a predetermined maximum temperature.

93. (New) The device according to claim 92 wherein the predetermined maximum temperature is 0.1°C to 10°C above a predetermined healthy temperature of the user.

94. (New) The device according to claim 93 wherein the predetermined maximum temperature is about 5°C above the predetermined healthy temperature of the user.

95. (New) The device according to claim 89 wherein the medium is water.

96. (New) The device according to claim 89 wherein the medium is air.

97. (New) The device according to claim 89 wherein the outlet directs the medium into a blanket.

98. (New) The device according to claim 89 wherein the outlet directs the medium under a blanket.

99. (New) The device according to claim 89 wherein the outlet directs the medium to a mattress.

100. (New) The device according to claim 89 wherein the outlet directs the medium to a mattress pad.

101. (New) The device according to claim 89 wherein the temperature control device can alter the temperature of the medium at a predetermined rate.

102. (New) A device for delivering a medium at a predetermined rate for temperature management comprising:

a temperature control device having an inlet for receiving a medium and an outlet for directing the medium to a user, and

a bio-feedback device, wherein the bio-feedback device transmits the user's actual temperature to the temperature control device and wherein the temperature control device alters the temperature of the medium at a predetermined rate based on the user's actual temperature.

103. (New) The device according to claim 102 wherein the predetermined rate ranges from 0.1°C to 25°C per hour.

104. (New) The device according to claim 103 wherein the predetermined rate ranges from 1°C to 15°C per hour.

105. (New) The device according to claim 102 wherein the medium is water.

106. (New) The device according to claim 102 wherein the medium is air.

107. (New) The device according to claim 102 wherein the outlet directs the medium into a blanket.

108. (New) The device according to claim 102 wherein the outlet directs the medium under a blanket.

109. (New) The device according to claim 102 wherein the outlet directs the medium to a mattress.

110. (New) The device according to claim 102 wherein the outlet directs the medium to a mattress pad.

111. (New) A method of temperature management comprising:
directing a medium into an inlet of a temperature control device;
measuring an actual temperature of a user;

transmitting the actual temperature to the temperature control device, wherein the temperature control device alters the temperature of the medium to a predetermined differential, the predetermined differential being limited by a maximum permitted differential throughout a range determined by the user's actual temperature to produce temperature-altered medium; and

directing the temperature-altered medium to the user through an outlet in the temperature control device.

112. (New) The method according to claim 111 wherein the maximum permitted differential is 35°C above or below the user's actual temperature.

113. (New) The method according to claim 112 wherein the maximum permitted differential is 15°C above or below the user's actual temperature.

114. (New) The method according to claim 111 wherein the temperature control device does not alter the temperature of the medium above a predetermined maximum temperature.

115. (New) The method according to claim 114 wherein the predetermined maximum temperature is 0.1°C to 10°C above a predetermined healthy temperature of the user.

116. (New) The method according to claim 115 wherein the predetermined maximum temperature is about 5°C above the predetermined healthy temperature of the user.

117. (New) The method according to claim 111 wherein the medium is water.

118. (New) The method according to claim 111 wherein the medium is air.

119. (New) The method according to claim 111 wherein directing the temperature-altered medium comprises directing the temperature-altered medium into a blanket.

120. (New) The method according to claim 111 wherein directing the temperature-altered medium comprises directing the temperature-altered medium under a blanket.

121. (New) The method according to claim 111 wherein directing the temperature-altered medium comprises directing the temperature-altered medium to a mattress.

122. (New) The method according to claim 111 wherein directing the temperature-altered medium comprises directing the temperature-altered medium to a mattress pad.

123. (New) A method of temperature management comprising:
directing a medium into an inlet of a temperature control device;
measuring an actual temperature of a user;
transmitting the actual temperature to the temperature control device, wherein the temperature control device alters the temperature of the medium at a predetermined rate based on the user's actual temperature to produce temperature-altered medium; and
directing the temperature-altered medium to the user through an outlet in the temperature control device.

124. (New) The method according to claim 123 wherein the predetermined rate ranges from 0.1°C to 25°C per hour.

125. (New) The method according to claim 124 wherein the predetermined rate ranges from 1°C to 15°C per hour.

126. (New) The method according to claim 123 wherein the temperature control device does not alter the temperature of the medium above a predetermined maximum temperature.

127. (New) The method according to claim 126 wherein the predetermined maximum temperature is 0.1°C to 10°C above a predetermined healthy temperature of the user.

128. (New) The method according to claim 127 wherein the predetermined maximum temperature is about 5°C above the predetermined healthy temperature of the user.

129. (New) The method according to claim 123 wherein the medium is water.

130. (New) The method according to claim 123 wherein the medium is air.

131. (New) The method according to claim 123 wherein directing the temperature-altered medium comprises directing the temperature-altered medium into a blanket.

132. (New) The method according to claim 123 wherein directing the temperature-altered medium comprises directing the temperature-altered medium under a blanket.

133. (New) The method according to claim 123 wherein directing the temperature-altered medium comprises directing the temperature-altered medium to a mattress.

134. (New) The method according to claim 123 wherein directing the temperature-altered medium comprises directing the temperature-altered medium to a mattress pad.
